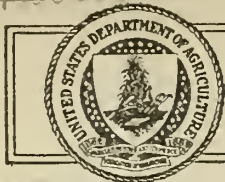
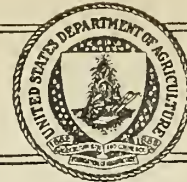


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U. S. DEPARTMENT OF AGRICULTURE
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WASHINGTON, D. C.

RELEASE FOR PUBLICATION
MARCH 3, 1937 (WEDNESDAY)

THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

HORTICULTURIST AND DIET
EXPERTS HELP PLAN GARDEN

The warm breezes of early spring and the sight and smell of rich, moist earth makes nine out of ten Americans hanker to do a little gardening. And logically enough, for after all most city folk are only a generation or so removed from tillers of the soil. So the favorite evening diversion of many a home for a few weeks now will be thumbing through seed catalogs, looking at photographs and color prints of bright red tomatoes, luxuriant pea and bean plants, and man-tall sweet corn.

Each vacant lot the commuter passes on his walk to and from the bus line makes him pause speculatively, if his own backyard is too small for his ambitions.

Give free rein to that back-to-nature urge, advises the Bureau of Home Economics. The home vegetable garden often results in a family having more of the vitamin-and-mineral-rich foods than they would otherwise get, especially when prices are high early in the season, and of course, gardening efforts increase appetites.

When ambition soars, the warning of W. R. Beattie, senior horticulturist of the Bureau of Plant Industry, is timely: "A half-acre garden, well tended, will supply vegetables having a market value of \$100 to \$150 or more, raising produce

enough for a family of five or six. But a small garden cultivated intensively is much better than a larger one allowed to go to weeds!"

Asked what to plant first in one's garden plot, he listed vegetables which may be put in two weeks before the average date of the last killing frost: early cabbage, onion sets, peas, spinach, and radishes.

THE RADISH matures most quickly of all our garden crops and so warms the heart of the amateur gardener. It reaches edible size in 20 to 30 days; so it's a good idea to plant a few at a time, say two weeks apart. A row a few feet long will grow all the family will eat. Varieties: Little Scarlet Globe and French Breakfast for very early; White Icicle, maturing a week or 10 days later. Radishes are a valuable vitamin C source and fair for vitamin B. The tops make excellent greens to mix with spinach and probably have all the vitamins of that leaf, though no special research has been done upon it.

CABBAGE has a wide climatic and soil adaptability and so is one of the most important home garden crops. Good seed is especially important but a few cents worth should bring two or three dozen heads - all the average family can use. Seven different disease resistant strains have been developed lately: Jersey Queen, an early one with a pointed head; Globe, a medium early; and the Wisconsin Hollander, a late one. These are good varieties for the Middle West, also. Cabbage is a good source of vitamins B, C, and G. That raised in home gardens being greener than most commercially grown heads is pretty good for vitamin A. Some gardeners may want a little purple cabbage for decorative purposes. Mammoth Rock Red is the standard variety.

CELERY CABBAGE is easier to grow than lettuce and some gardeners may want a little of this Chinese plant immigrant. Wong Bok and Pe Tsai are good varieties. It is better for vitamin A than is ordinary cabbage.

PEAS can be planted right in with radishes to conserve space, just so care is taken in pulling the faster growing vegetable. Radishes will be out of the way before the peas need much room. Peas may be planted by the energetic at 10-day intervals during the spring, though if space is limited only the one early planting may be practicable. It's a cool-weather crop anyway, a fact which practically limits it to spring growing over much of the United States.

"The old edible sugar-podded peas are staging a come-back," reports Mr. Beattie, "the kind you cook pod and all. Sugar Stick and Tall Melting Sugar are two of these. Laxton Progress and Hundredfold are good early shelling varieties. Stratagem is two weeks later than Progress but yields heavily under favorable conditions." Peas are rich in vitamins A, B, and C.

SPINACH is far the most popular of the greens and can be grown longer than almost any of the others except cabbage. The Nobel is recommended, as it grows fast and has smooth leaves that are easy to clean. There's a new mustard spinach on the market now - called Tendergreen - very early, more pungent than orthodox spinach and fine for hot weather. It's really a mustard, not a spinach. The New Zealand Spinach is another excellent greens which stands up well under midsummer heat. Spinach is valuable for vitamins A, B, C, and G.

THE ONION is among the oldest and most popular of garden crops. The home gardener most often uses sets or small onions for his plantings. The old varieties are still going strong: Potato, Multiplier, Top, Prizetaker, Bermuda, and Valencia. The last two are mild-flavored and keep well. In the second planting spurt, which comes about two weeks after the first one and about the time of the last killing frost, one may plant beets, Swiss Chard, carrots, lettuce - and maybe some more peas!

CARROTS are hardy plants, fairly resistant to heat, and fine for successive plantings about three weeks apart. They can be put in with that second sowing of

radishes, for radishes help break the earth crust for the slower growing yellow root. The older carrot varieties are constantly being improved so that no new ones have been developed. Chantenay, Nantes, Danvers Half Long are standard sorts. Carrots are rich sources of vitamins A, B, and C.

LETTUCE should be found in every home garden, though it is a cool weather crop and hence not for summer planting in most of the country. It takes about six weeks to grow the plants; so many people like to start them inside, transplanting after four or five leaves have formed.

Leaf lettuce has far more food value than does head lettuce, a consoling thought since it is also easier to grow. Early Curled Simpson and Grand Rapids are two varieties good all over the country. Cos lettuce is a semi-head variety which stands more heat than does head lettuce and has a somewhat more pungent flavor. Lettuce is an excellent source of vitamin A, and good also for vitamins C and G.

BEEETS are very adaptable and not especially sensitive to heat or cold, so they rank high in the home garden. Old varieties have been constantly improved, Early Wonder and Crosby Egyptian being two favorites. The root is important for vitamin G, its greens for A, B, and G.

CHARD is an offspring of the beet. Crop after crop of its outer leaves can be pulled off with no damage to the plant. A 30 or 40-foot row will serve a family the summer long. Lucullus is the leading variety. Chard is especially valuable for vitamin A.

The third - and perhaps the last - of the amateur gardener's plantings will come about two weeks after the last killing frost and at a time when the ground is warmer. Snap beans and tomatoes must wait until then.

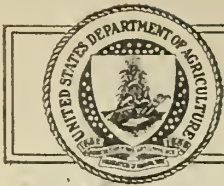
SNAP BEANS in many gardens rate several successive plantings, about two

weeks apart. There's been a wonderful improvement in snap beans the last few years so that today tender, stringless varieties are available. Two of these, both disease resistant, are the Tendergreen and the Early Bountiful. Improved Kentucky Wonder is a good pole-bean standby the country over. Pole beans can be trained to go up over a garage or wire fence where they will be out-of-the way of wide spreading vegetables. Improved Strain Kidney Wax and Brittle Wax are two other good beans. Early planted varieties are tenderest and so the best to can. Snap beans are fine for vitamins A, B, and C.

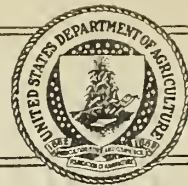
TOMATOES are usually bought by home gardeners as seedlings from local green-houses. They, too, can be trained up the side of the garage. Or they can be set in where the lettuce and radishes once grew. About 25 early plants and maybe 50 later ones will amply repay any effort expended upon them. The Pritchard is a good early variety, the Marglobe a fine later one. The dietetic value of the tomato can hardly be overestimated, for it is one of Nature's richest storehouses of vitamins A, B, C, and G. When it comes to vitamin C, it is the only vegetable alternative for the citrus fruits.

Potatoes and sweet corn, both valuable garden products, take up so much space that they are adapted only to large gardens. Some city folk like to plant a few parsnips, salsify, cucumbers, peppers, okra, and Lima beans. The Limas and cucumbers can be trained to grow upon the fence or climb the side of the garage.

But whatever combination there is in the home garden, it provides exercise for leisure hours and an unfailing subject for conversation. It's better than an alarm clock for routing out the owner to find what has taken place over night: whether or not the radishes seem big enough to pull, how the pea pods are filling out, and how many tomatoes are "setting on."



U. S. DEPARTMENT OF AGRICULTURE
Office of Information
Press Service



WASHINGTON, D. C.

RELEASE FOR PUBLICATION
MARCH 10, 1937 (WEDNESDAY)

THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

LEFT-OVER, CANNED MEAT
MAKES DELICIOUS DISHES

Canned meat on the storeroom shelf, jars of left-over meats in the refrigerator, are or should be a source of never failing satisfaction. Dishes prepared from them may take only a fraction of the time and attention involved in concocting a dish from the fresh meat. And the net result can easily be such as to please the most fastidious.

Canned meats, by the way, made headlines recently in the flooded areas of the Ohio Valley. The Federal Surplus Commodities Corporation sent there four carloads of beef canned as part of the 1934 and 1936 drought programs. In those years healthy animals were bought and slaughtered and the meat canned and stored for relief and emergency distribution.

Specialist of the Bureau of Home Economics at Washington say that the first thing to remember in using canned or left-over meat is to reduce to a minimum the second cooking. That minimum is 10 to 15 minutes. The meat already has been well cooked. After a certain point is reached, the longer meat is cooked the less savory and less tender it becomes.

The second admonition is to conserve all the flavor that the meat has by keeping every bit of the broth or drippings and gravy for those second incarnation dishes. The fat and liquids can be used as basis for sauces to pour over the meats. Or vegetables can be cooked in them. In whatever role they appear in this made-over dish they are indispensable. No less important are the seasonings - the right ones, used in just the right amount.

The third thing to remember in utilizing canned or left-over meats is to bring in accessory and enriching flavors by combining the meat with various vegetables.

A sturdy standby is the meat-and-vegetable stew. One good trio of vegetables for it would be turnips, carrots, and onions, - all boiled together in the meat broth until nearly tender then combined with the meat, and the mixture seasoned to taste. Dumplings could be put on top of the dish. Or the stew combination might be used for a meat pie, with a sheet or individual rounds of biscuit dough or instead with a layer of mashed potato. In all these, after the meat is added the cooking takes only about 10 or 15 minutes so that the minimum-of-cooking rule for left-over meats is adhered to.

A turn-over would be a good pie variation. The chopped meat for it could be seasoned with onion and celery or parsley and moistened with gravy or broth or tomatoes or chili sauce.

Baked meat pin-wheels make a similar dish. A meat-onion mixture is spread on a fairly thick sheet of biscuit dough, leaving a margin of about an inch uncovered. Then the sheet is rolled up and cut crosswise in 8 or 10 slices like pin-wheel biscuit. The slices are laid in a greased pan and baked 30 to 40 minutes, then served with gravy or tomato sauce.

Of course there are always the spaghetti-meat combinations. Instead of spaghetti, hominy, hominy grits, cooked rice, or cracked or whole wheat may be used.

A chopped green pepper with onion, and tomato juice and some tabasco sauce combined with the meat is one of many possibilities.

Chopped pork can be mixed with corn-meal mush and seasoned with such herbs as thyme or a little sage or celery seed, salt, and pepper. The mixture is chilled, then cut in slices and fried a golden brown on both sides. It's our old friend scrapple!

Reminiscent of scrapple is tamale pie. Top and bottom "crusts" of the pie are corn-meal mush. The filling is made of an onion and a pepper chopped and cooked in fat and added to a pint each of tomatoes and any chopped meat, seasoned with salt and chili powder or cayenne pepper.

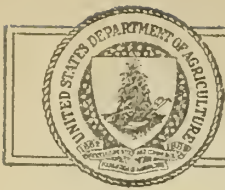
A combination less often thought of, possibly, is shredded snap beans or cabbage with canned or left-over pork.

Cabbage rolls make another less usual dish. After the cabbage leaves have been wilted in hot salted water so that they can be rolled, each can be filled with a meat mixture, rolled up and laid in a baking dish. The mixture may be ground meat with chopped onion, and bread crumbs or cooked rice, moistened with tomatoes and seasoned to taste. Over the cabbage rolls may be poured enough tomatoes or gravy or hot water to cover the bottom of the dish. As soon as the cabbage is tender, the dish is ready to be served.

Browned hash is a perennial favorite among the ways of preparing left-over meats. Chopped or mashed boiled potatoes, chopped meat and onion, seasoned to taste, mixed thoroughly and then molded into cakes and fried slowly on both sides until crusty - it's still a popular dish. Or, this good mixture can be made into meat croquettes, which also have a secure place on family menus.

But whatever the dish, canned and left-over meats must be handled according to that trio of principles; second cooking reduced to a minimum, all possible flavor conserved, and in a combination of seasonings and vegetables which will bring in still other enriching flavors.

The parting admonition of the home economists is to keep meat left-overs in a cold place so that they will not spoil.



U. S. DEPARTMENT OF AGRICULTURE
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WASHINGTON, D. C.

RELEASE FOR PUBLICATION
MARCH 17, 1937 (WEDNESDAY)

THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

TO MARKET, TO MARKET
TO BUY A FINE CHEESE

"A rainy Easter, a cheese year!" is an old French adage.

Whether or not there is any real connection between cheese and Easter
showers, this food makes an interest/Lenten subject. Its place in the diet is
alongside meat, fish, and poultry, and it can be worked into many an appetizing
and nutritious dish.

In 1935 we Americans produced 310,478 tons of this dairy product, according
to the figures of the Bureau of Agricultural Economics. But even so we have not
yet become as great cheese eaters as are the Europeans.

As everyone knows, popular taste on this side the Atlantic runs to the mild
rather than to the sharp cheeses. Production of what is called American cheese
(really it's a Cheddar) in 1935 amounted to three times the total of all the other
cheese types combined.

When a shopper goes into a grocery store and orders some cheese and doesn't
designate any special kind, what he gets is Cheddar cheese -- most of which, by
the way, is made in Wisconsin.

If this shopper pays less than 30 cents a pound for it, he'll probably get a green cheese, one which has not been given much time to ripen, says H. L. Wilson, Cheddar cheese specialist in the Bureau of Dairy Industry.

Much of our Cheddar, Mr. Wilson says, is put on the market when it's only a few weeks old. It's rubbery in texture, mild, with no distinctive flavor. But Cheddar-type cheese which has ripened eight months to a year will have a nice, waxy body and a flavor which is still mild, but which has real character -- the true Cheddar taste, due to the slow growth of a particular type of bacteria present. And of course it will cost anywhere from 15 to 25 cents a pound more, because production costs have been higher. Moreover only properly handled cheeses made from the best milk will emerge triumphantly from this trying ripening process. It's the real test of a cheese's mettle -- if it "can take it."

Dr. L. A. Rogers, Chief of the Dairy Research laboratories, is the man responsible for the new idea of putting this Cheddar cheese into tin cans directly after it has been made, to cure protected from molds, flies, and dust. There's a tiny one-way valve on the top of the can to let the gases escape as they develop in the ripening cheese, without letting in any air. A Portland, Oregon, firm is already packaging its cheese thus and others probably will follow. Customers like the idea, partly because there is no rind to cut off such cheese -- no waste -- and also because in this way a family can have the cheese on hand and be assured of a product which will keep fresh.

The second most popular cheese in these United States, if popularity is to be measured by production, is Swiss cheese. Most of it is made by Swiss-Americans -- some of them born in sight of the Alps.

If your shopper asks his grocer for some Swiss cheese, the grocer will likely query, "Imported or domestic?" And if the shopper's answer is "Imported," he will get a full-flavored cheese with the characteristic holes or "eyes" running through-out the piece. But, according to Doctor Rogers, it may or may not have been made abroad. Restaurateurs, especially have come to classify Swiss cheese into two classes: that with the eyes, which they call imported; and that without -- which has been processed -- as a domestic, regardless of where it has been manufactured.

Those eyes in Swiss cheese are what determine its grade and hence its price, for to a large extent they indicate the quality of the flavor. They should be neither too large nor too small, uniform in size and appearance and evenly distributed. A succession of bacterial fermentations, each produced by a different kind of bacteria working at a different stage of the ripening process--like runners in a relay race--were needed to produce its distinctive sweetish flavor.

The processed Swiss cheese doesn't have those eyes. It is made of various grades of Swiss and Cheddar cheeses ground up, melted, and then run into molds of various sizes, sometimes into glasses or into small bricks to be wrapped in tin-foil for merchandising--a form convenient for spreads.

Cream cheese comes third in American production. Genuine cream cheese is made from a rich cream thickened by souring or by the addition of rennet. The name "Philadelphia" prefixed to this type of cheese by one commercial firm, has led some people to think of Pennsylvania as a leader in such cheese production. This State, however, makes nowhere near as much of it as does the leader in the business--New York State.

Cream cheese has a higher fat content and a somewhat higher vitamin A value than do Cheddar and Swiss cheeses but because of its high moisture content, naturally ranks lower in total food value per pound.

Brick cheese, which ranks fourth in American production, is an all-American food. Where it got its name nobody knows for sure. It is made from the whole milk and has a strong, sweetish flavor about halfway between the Limburg and Swiss cheeses. It has many small round eyes--quite different from those of Swiss cheese. Its texture is elastic.

Italian type cheeses ranked fifth in production in this country in 1935 and equalled the amount imported from Italy. Last year one firm of Italian-

Americans made five million pounds of four such cheeses.

Men in the Bureau of Dairy Industry are responsible for the recent introduction of one of these Italian type cheeses to this country. Their model was the Bel Paese, which translates "beautiful country." The cheese developed by the Bureau is mild, easy to slice and spread, with a soft and waxy texture and a slightly salty, lactic flavor.

"It's a fine cheese for people who don't like sharp cheese!" comments R. R. Farrar, dairy specialist who developed it. One Pennsylvania firm already has undertaken production of this particular product. Italian-Americans have, quite naturally, been the chief purchasers of this product so far.

As to the nutritive value of cheese, five ounces of the average American Cheddar--and other similar firm cheeses--have practically the same protein, fat, and calcium content as does a quart of whole milk.

The reason some people find cheese hard to digest is that they try to eat it in too large quantities at a time, or not sufficiently broken up, or in combination with other concentrated protein foods.

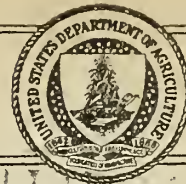
When cheese is grated or shaved and mixed into a dish so that its particles are separated by other food particles, it is unlikely to cause digestive disturbances. Cheese is subject to the same cooking taboos as are other proteins. High temperatures make it tough and stringy or leathery. If the same precautions are taken in cooking cheese as in cooking eggs, its digestibility should be increased rather than decreased, say the specialists of the Bureau of Home Economics.

Europeans like to grate a firm cheese and have it in a separate dish to sprinkle into soup or over such dishes as spaghetti, instead of cooking it with the dish. And nutritionists in America approve this treatment, as it insures the needed breaking up of the cheese particles.

With cheese or cheese dishes, for a balanced meal, one should serve a cereal such as bread, a vegetable such as tomatoes, lettuce, or spinach--and lastly fruit.



U. S. DEPARTMENT OF AGRICULTURE
Office of Information
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WASHINGTON, D. C.

RELEASE FOR PUBLICATION
MARCH 24, 1937 (WEDNESDAY)

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THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

MISTAKEN NOTIONS ABOUT EGGS

- - -

In the spring when robins and thrushes are busying themselves building nests and raising their families, their clumsier cousins, the hens, also are inspired to their greatest egg laying activities. More than half the total egg crop of the year is produced during March, April, May and June.

When production is at the peak, prices quite naturally are at their lowest, so that the family can revel in eggs - have them in some form at every meal. Even when eggs are at their top price, there are few foods which have more nutritive value for the money investment.

Contrary to some impressions, the color of the egg shell is no clue either to its quality or to its food value. Some like it brown; some like it white. The color is due to the breed of the fowl, not to its physical condition nor to the age of the egg. Some shoppers are suspicious of mottled white shells, believing they indicate old age. Actually the mottling is caused by uneven distribution of moisture in the shell.

Eggs with thin glassy looking shells that have a rather metallic sound when handled also are all right. Some hens habitually lay such eggs. The shells are not so porous as normal shells and so keep the egg fresh a little longer.

CHAPTER IV

THE HISTORY OF THE
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 UNITED STATES

Unfortunately the outward appearance of the egg doesn't tell the whole story of quality. Only after it has been removed from the shell can the buyer learn the entire truth.

Most cooks first eye the yolk sharply, as they break open an egg. They know that the yolk should be well centered in the white and should stand up in a nicely rounded form, that the membrane around it should not be easily ruptured, and that the germ should be undeveloped.

But they are a bit hazy about yolk color and sometimes are suspicious of those of a deep orange hue. Actually the hen's diet to a large extent determines the yolk color.

During the spring the hens are hungry for growing things and if given a chance eat an unusual amount of greens, with the result that egg yolks are quite a bit darker yellow than when rations were low on greens. Sometimes the range diet will even result in a yolk with a brown or green tinge - which doesn't affect its food value adversely nor usually its flavor, but does hurt sales.

A rich orange colored yolk in a fresh egg pretty clearly indicates presence of a generous supply of vitamin A. But a pale yolk may or may not mean a lack of it. If the hen has been kept away from greens but has been fed considerable cod-liver oil, her egg yolk will be a light colored yellow but will be rich in both vitamins A and D.

Though it is the yolk which first commands the attention of the cook, she is equally critical of the white, especially if she wants to use it for leavening purposes. In the fresh egg it is nearly colorless, except for the two white cords extending from the yolk toward the ends of the egg.

The egg white is in three, sometimes four, layers: an inner watery white part next to the yolk, one or two jelly-like layers, and an outer watery white

section. Most people insist that the jelly-like part should at least equal the total of watery white. This part gradually loses firmness as it ages. Summer eggs are uniformly more watery than spring ones. But some hens the year around lay eggs that are watery.

There is some disagreement as to which is more advantageous to the cook: the firm or the watery layers. Some people declare that watery whites make equally good angel food cakes as the firm whites. Research is still being done on the subject.

The diet of the hen affects not only the yolk color but also the flavor of the egg. If she has been indulging in garlic or turnip tops, or even cabbage, her eggs may have an unpleasant flavor. And some hens in an otherwise blameless flock chronically lay eggs which have a fishy taste. Why, nobody knows.

As indicated, the nutritive value of the egg varies somewhat according to the hen's diet. But it is always an excellent protein food, as the proteins are all in a form easily assimilated by the human body. Its vitamin D content sometimes is high, but at other times approaches the vanishing point. Though vitamin A varies, it is generally present in generous amounts. The egg is a fair source of vitamin B, a good one for vitamin G. It is an important source of calcium and iron, both of which are too often neglected in American diets.

Research has shown that eggs are much more digestible when properly cooked than when eaten raw. The yolk is easily assimilated in either state, but uncooked egg white will not be entirely digested.

Egg cookery has a rather exacting technique as every cook knows. High temperatures make the white tough. When an egg is boiled, the part where the white and the yolk come together often develops a dark green color, due to the iron sulfide formed from the iron in the yolk and the sulfur in the whites. It can be

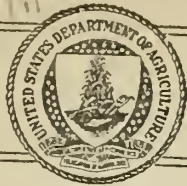
decreased, if not entirely prevented, by cutting to a minimum the cooking time and then cooling the egg at once and under water.

One of the many dishes recommended by the Bureau of Home Economics is curried eggs on rice: the quartered hard-cooked eggs arranged on a bed of hot flaky cooked rice and over them poured a hot white sauce mixed with chopped green pepper, onion, and celery, and seasoned with a bit of tabasco sauce and a teaspoon of curry.

Some housewives like to buy up eggs when they are cheap and preserve them for use when prices rise. Poultry experts in the Department of Agriculture advise storage of spring rather than summer eggs. Such eggs preserved should keep in good condition for 6 to 9 months.

The favorite home preservation solution is water glass or sodium silicate. For each 15 dozen eggs one would need a quart of the water glass with 9 quarts of water that has been boiled and cooled. The water is put into a 5-gallon jar which has been thoroughly cleaned, scalded, and air dried. Then the water glass is added and thoroughly stirred in. At least two inches of the solution should be above the top layer of eggs being preserved. And of course, only fresh, clean, perfectly dry, and preferably infertile eggs should be used.

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U. S. DEPARTMENT OF AGRICULTURE
Office of Information
Press Service

WASHINGTON, D. C.

RELEASE FOR PUBLICATION
MARCH 31, 1937 (WEDNESDAY)★ MAR 31 1937
U. S. Department of Agriculture

THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

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GREENEST VEGETABLES ARE
BEST FOR IRON, VITAMIN A

- - -

Any shrewd grocer is fully aware of the sales appeal of banks of crisp, green vegetables, especially when brightened by a fine spray of water. They act like a magnet on the passerby.

And this is one of the times when sales resistance would be no virtue. Nutrition specialists say a person should have at least one green or yellow vegetable a day. And they also recommend eating some raw vegetable daily.

Greens have a secure place in the diet both for esthetic and for health reasons. They are especially important as a source of minerals and vitamins. Most of them have a liberal amount of the two minerals most often slighted in American diets: calcium and iron. And vitamin A is usually present in abundance. Many of the greens are excellent sources also of vitamin C, good sources of vitamin B, and good to excellent in vitamin G content.

The greener the leafy vegetable, the higher is its iron and vitamin A content. The more blanched the leaf the poorer it is in these two dietary essentials. Turnip tops for instance are much more nutritious than head lettuce.

When the average person hears the word greens he usually thinks first of spinach. And spinach is a good leafy vegetable. But scientists say other greens

are quite as good. Beet tops, chard, dandelion greens, mustard greens, turnip tops, and watercress are often richer than spinach both in calcium and in iron, and quite as good for the vitamins.

So if Junior or his father have developed an aversion for spinach there's no point to precipitating a family crisis over it. There are plenty of equally good greens to turn to.

In shopping for any of the leafy vegetables, of course, you look for fresh, young, green, tender leaves. If leaves are very dirty, or are dry, or yellow, or have coarse stems, you'll look for a better buy. Such leaves probably will not be palatable or nutritious and will mean considerable waste.

When you're buying lettuce you'll give the head a little hand pressure to find how firm it is. And you'll look for signs of tip-burn, the tell-tale brown edging the leaves, particularly in the innermost parts of the head. They would have to be trimmed off and so mean waste. They are caused by unfavorable growing conditions and may later become slimy areas -- and then, of course, you have decay and an unusable head.

Occasionally you'll buy a head outwardly in prime condition. But as you prepare your leaves for a salad you find the midribs or even some of the rest of the leaf streaked with red-brown. These red-brown streakings don't make the leaf inedible -- need not even be cut out of the leaf unless they make the salad look too unattractive.

The red that develops on cut surfaces of lettuce is something else again. If you cut a head across and put part of it back into the refrigerator to serve later, don't be too disturbed on returning to it to find that the cut edges have developed this reddish-brown color. Actually there's nothing harmful about it. The juice in lettuce has in it a latex -- similar to that in the milkweed. And that latex turns a brown-red when the air gets at it.

In shopping for broccoli, try to discover if the stalks are tender and firm. See that the buds in the heads are compact and that not more than an occasional one has opened enough to show the full yellow or purple color of the blossoms. Wilted or flabby stalks are wasteful and often tough.

As to serving green vegetables, many of them can be eaten raw as well as cooked. And that goes for spinach as well as for the dandelions and cress. Whoever has never tasted spinach in any form except cooked, might try its tender leaves served just like lettuce or cress -- with a good salad dressing.

For the cooked greens many people like some of the nippy leaves mixed in with the milder ones -- for instance field cress or dandelion or dock worked in with spinach. Sweetpotato tops make a delicious dish of cooked greens.

Though even the most careful cooking results in some nutritive loss, much of the minerals and vitamins may be conserved. Heat is an enemy both of color and of vitamin C; so greens should be subjected to it for as short a time as possible. And since some of the mineral salts are easily dissolved in the water, the leaves should be cooked in only enough water to prevent scorching. With spinach, just the water that is left on the leaves after they are washed will be sufficient.

Plant acids are among the worst enemies of the green coloring matter of the leaves. Heat frees these acids, lets them attack the green and break it down into ugly brown compounds. Some of the acids, however, go off with the steam during the first moments of the cooking. But if a lid is on the kettle the acids in the steam just collect on the lid and drop back onto the leaves to attack the green coloring matter. So -- to keep the leaves as green as possible, cook them in an uncovered utensil.

To cut down on cooking time and thus save more nutrients, it's a good idea to snip off the stems of spinach and discard them if they're tough, or if they're not, start them cooking before adding the leaves. With chard, you might use your

kitchen scissors to advantage, cutting the midrib out and giving it a few minutes head start of the thinner part of the leaf.

To speed the cooking of broccoli, discard the woody ends, and split the stalks into lengthwise quarters so that each one will have a tuft of the buds.

If you add vinegar or lemon juice to your greens, do so after cooking them. It's that old feud between the acids and green coloring again. They soon turn the cheerful green of the leaves to a drab olive cast. You might mix the vinegar in just before you bring the dish to the table. Or better yet just pass the vinegar cruet and let everyone at the table use as much or as little as he pleases.

Butter gives a pleasing flavor to any dish of greens -- say about 1-1/2 tablespoons of it for each 2-cup quantity. Or bacon fat with bits of crisp bacon.

Whatever your pet way of preparing greens, by all means get them into the menu somehow. In the spring wild varieties are so easily available and cultivated kinds so reasonable that one can fairly revel in them.

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